

This document is meant to be made into a wallet card the size of a business card when folded in half. The top half of the graphic is the back and front of the card, and the bottom half is the inside panels.

IF SOMEONE YOU KNOW IS THINKING ABOUT SUICIDE,

## TAKE IT SERIOUSLY.



Let them know their life matters to you.



Stay with them.



Ask directly if they have a plan.



Help them create a safe environment; remove lethal means.



Help them find treatment.



## SIGNS AND SYMPTOMS

If you have experienced these symptoms for more than two weeks, you may want to talk to a trusted adult about depression.



Difficulty concentrating, remembering, making decisions



Loss of interest or pleasure in hobbies and activities



Insomnia or oversleeping



Feeling hopeless, helpless, sad, angry, or anxious



Decreased energy, fatigue, changes in appetite



Thoughts of death or suicide

# DEPRESSION AND SUICIDE



Virginia Department of Behavioral Health & Developmental Services

## Signs, Resources, and Tips



National Suicide Prevention Lifeline:  
1-800-273-TALK (8255)  
24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.

CRISIS TEXT LINE |

Crisis Text Line:  
Text TALK to 741741 to talk with a trained counselor for free, 24/7.



Find a mental health provider:  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

911

Call 911 for emergencies.

RESOURCES